

What Is Claimed Is:

1. A method for creating a gripping tip comprising:
 - a) creating a rectangular sheet of elastic material having a length, a width, and a thickness, with both the length and the width significantly greater than the thickness and with the length being longer than the width;
 - b) rolling the sheet along the length to create a spiral plug having a length approximately equal to the width of the sheet; and
 - c) affixing the spiral plug to an environmental contact point on a device.
2. The method of claim 1, wherein the width and the length are both at least ten times greater than the thickness.
3. The method of claim 1, wherein the device is a prosthetic walking device.
4. The method of claim 1, wherein the device is a robotic appendage.
5. The method of claim 1, further comprising the step of applying tension to the rubber sheet during the step of rolling the sheet.
6. The method of claim 5, wherein the step of applying tension varies the width of the rubber sheet.
7. The method of claim 1, further comprising the step of:
 - d) making a length-wise cut along the rectangular sheet at an angle other than perpendicular to the surface of the sheet, thereby forming a length-wise angular edge.
8. The method of claim 1, further comprising the step of:
 - d) cutting away one corner of the sheet forming a portion without a ninety-degree cornerand further wherein the steps of rolling and affixing results in the portion being on the exterior of the spiral plug distal from the environmental contact point of the device.
9. The method of claim 1, wherein the step of affixing the spiral to the environmental contact point of the device further comprises:
 - i) forming a hole in the device for receiving the spiral at the environmental contact point of the device; and
 - ii) inserting the spiral into the hole.

10. The method of claim 9, wherein the spiral is inserted into the hole such that more than half of the length of the spiral is within the hole.
11. The method of claim 9, wherein the spiral is affixed to the environmental contact point of the device via one of the following set of techniques: a friction fit with the hole, and adhesive, and a mechanical fastener.
12. The method of claim 1, wherein the elastic material is chosen from the set of: rubber and polyurethane.
13. The method of claim 1, wherein the elastic material has a coefficient of friction similar to or greater than rubber, an elasticity similar to or greater than rubber, and a durability creating a service life at least half as long as rubber.
14. The method of claim 1, wherein the environmental contact point of the device is a distal end of the device, and the step of rolling the sheet further comprises rolling the sheet around the distal end of the device.
15. The method of claim 14, wherein the spiral is affixed to the distal end of the device via an adhesive.
16. The method of claim 14, wherein the spiral is affixed to the distal end of the device via a band wrapped around the spiral.
17. The method of claim 14, wherein the distal end of the device extends approximately all the way through the center of the spiral.
18. A gripping tip on a device comprising:
 - a) a distal end of the device having an area forming a hole; and
 - b) a spiral plug having a first and second end and a plurality of lamina formed from a sheet of elastic material, the first end of the spiral plug fixed within the hole in the distal end of the device, and the second end of the spiral plug extending beyond the hole.
19. A gripping tip on a device comprising:
 - a) a distal end of the device; and
 - b) a spiral plug wrapped around and affixed to the circumference of the distal end of the device, the spiral plug having a plurality of lamina formed from a sheet of elastic material, the lamina being bound together at a first end of the spiral plug to prevent significant movement between

the lamina, and the lamina having a significant degree of movement relative to one another at a second end of the spiral plug.

20. The gripping tip of claim 19, wherein the spiral plug is affixed to the distal end of the device via adhesive bonding, and further wherein the lamina are bound together at the first end via adhesive bonding.
21. A gripping tip on a device in contact with a surface comprising:
 - a) spiral plug means for contacting a surface, the spiral plug means having spiral lamina; and
 - b) affixing means for affixing the spiral plug means to an environmental contact point of the device.